Health Department
1991 Annual Report

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city of Regina

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City of Regina Health Department
1910 McIntyre Street, Regina, Saskatchewan S4P 2R3
Branch Office: 204 Wascana Street
(306) 777-6600

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Regina City Council

Standing (L to R): *W. J. McKeown, W. A. Wells, R. E. Langgard, M. Badham, G. Helmsing, W. Coates, T. Cholod*
Seated (L to R): *W. E. Gray, D. J. Hincks, His Worship D. Archer, J. Lipp*

Board of Health

January to October

Councillor D. Young, *Chairperson*

Councillor D. E. Hamilton, *Vice-Chairperson*

Councillor G. Helmsing

Councillor W. E. Gray

Councillor W. J. McKeown

His Worship Mayor D. Archer, *Ex-officio*

November and December

Councillor W. A. Wells, *Chairperson*

Councillor W. E. Gray, *Vice-Chairperson*

Councillor W. Coates

Councillor R. E. Langgard

Councillor W. J. McKeown

Senior Administration

City Manager

A. R. Linner

Senior Director, *Planning and Community Services Directorate*

L. Walker

Management Team of the Health Department

Medical Health Officer ..... **Patricia A. Hutchison, M.D., F.R.C.P.(C)**

Assistant Medical Health Officer ..... **Paul Hasselback, M.D., M.Sc., C.C.F.P., F.R.C.P.C.**

Health Educator .....
Lynn Greaves, B.A., Dip.Ed.
Health Education Division
- Health promotion
- Healthy lifestyles
- Public Affairs

Administrative Services Coordinator .....
Carol Lewis
Administrative Services Division
- Facilities
- Clerical
- Budget

Biostatistician[1] .....
Sharon Miller, B.Comm., M.A.
Biostatistics Division
- Biostatistics
- Information systems

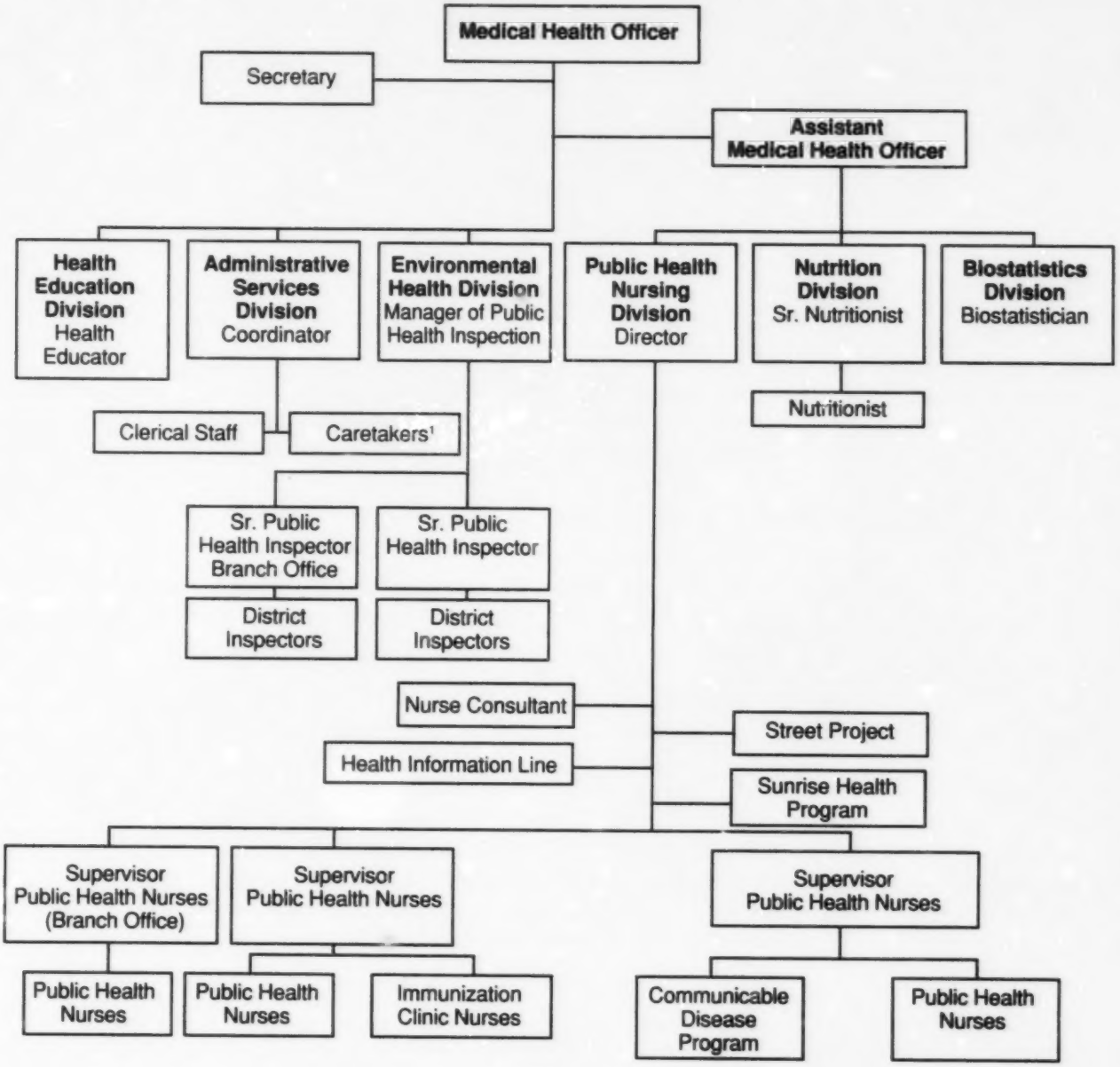
Public Health Nursing Director .....
Dolores Ast, R.N., B.Sc.N., Cert. Admin., Cert. H.C. Admin.
Public Health Nursing Division
- Communicable diseases
- Native Health
- STD/AIDS • Immunization
- Parent/Child Health • Daycare
- School age
- Seniors

Senior Nutritionist .....
Jan Ayer, B.Sc., M.P.H., P.Dt.
Nutrition Division
- Nutrition
- Heart Health

Manager of Public Health Inspection .....
Mike Markewich, C.P.H.I.(C) (Jan. to Dec.)
Yvonne Schiller, B.S.A., C.P.H.I. (C) (Sept. to Dec.)
Environmental Health Division
- Environmental Health
- Food and Water

[1] Joyce Roll, B.Sc.N., Dip. T. & S. was A/Biostatistician from June to December.

Health Department Organization Chart



[1]Facilities Department staff assigned to the Health Department

Mission and Goals of the Health Department

Mission

Working together with people and communities of Regina for health and a healthy environment

Goals

- To improve the level of health and well-being of the people and communities of Regina
- To reduce the differences in health status among specific communities in Regina
- To promote and enable people to choose healthy lifestyles
- To maintain and improve environments for healthy living
- To administer relevant public health legislation in Regina
- To prevent and control communicable disease in Regina
- To maintain information on the health status of Reginans
- To provide an environment in the Health Department which encourages employees to achieve their maximum potential

Report of the Medical Health Officer

Dr. P. A. Hutchison
Medical Health Officer

During 1991, the Department has continued to vigorously pursue objectives which best reflect its mission statement:

Working together with people and communities of Regina for health and a healthy environment.

In particular, a number of program initiatives were implemented, all without increase in permanent staff. Community partnerships were nurtured and new ones initiated; service quality to the public was reviewed and improved where indicated. In an introduction such as this, only a brief mention of highlights is possible. Those interested in more information are encouraged to review this report or speak with a staff member.

Program Initiatives

Flu Vaccine Program

For the first time, influenza vaccine was offered free to Regina citizens 65 years of age and over. Over 15,000 immunizations were provided at Health Department sponsored clinics, health care institutions and physicians' offices. As in the past, the vaccine was also offered to citizens with medical conditions that put them at risk of complications from influenza. This program reduced the expected number of cases of Influenza A Beijing experienced in these groups.

Heart Smart Restaurant Program

This program encourages Regina restaurants to provide an environment where people can make heart healthy choices. Heart Smart Restaurants provide foods lower in fat, smaller portions and a smoke-free environment. The program is cosponsored by the Heart and Stroke Foundation and the City of Regina Health Department.

Smoking Bylaw

In February, after considerable public consultation, City Council passed an amendment to the Smoking Bylaw requiring restaurants with more than 25 seats to provide a no-smoking section of 15%. It is hoped that the proportion of no-smoking seats can be increased over time.

Travel Clinic Appointments

Taking appointments allows improved service to clients and better scheduling of staff time.

Street Project

The acquisition of a van in late fall was a positive step in better accessing sex trade workers and street youth and hopefully injection drug users in the fight against AIDS and sexually transmitted disease.

Community Partnerships

Heart Health

The City Departments of Health, Community Services, Parks and Recreation, and Public Affairs have joined with over 25 agencies in the community in order to plan and work together to prevent heart disease in Regina. This is part of the province-wide heart health coalition which was formed as a result of the heart health survey carried out in 1989.

School Health Program

A committee of administrators from the Health Department and the Public and Separate School Boards of Education is forming an important link in the review and provision of school health services.

Daycare Program

A joint committee representing the Health Department, the Urban Planning Department, Child Care Branch of the Department of Social Services and Daycare directors is reviewing services offered to daycares.

Grocery Store Tours

These tours, begun in 1990 in partnership with a grocery store chain and designed to help people make healthy food choices, have continued to be very popular.

Community Partners in Health

This year the Department joined S.A.D.D. (Students Against Drinking and Driving) in promoting its Red Ribbon Campaign. National Non-Smoking Week combined the efforts of over 20 health agencies. During Fitweek the Health Department promoted Walking Clubs in Regina schools with over 7,600 school students participating. In October, the Regina AIDS Coordination Advisory Council promoted AIDS Awareness Week in Regina.

Service Quality

Literacy Program

For health education programs to be successful, it is essential that messages be easily understood by target audiences. Therefore, materials produced by the Department are being reviewed and prepared with this in mind.

Designated Days Off Services

The provision of childhood immunization services began April 12 at the 1910 McIntyre office. It allows greater access to immunization and is being well utilized by parents.

Improved Facilities

Council's approval of an East Regina office and renovations to the central office will provide much improved space for delivery of services to Regina citizens.

Safe Food Handling Course

Since approximately 40% of food consumed is eaten away from the home, it is important for the Department to continue its ongoing education, licensing and monitoring of restaurants in order to assure safe food handling practices. The Department's goal is to have at least one person who has completed a safe food handling course per shift at each restaurant.

Communicable Disease Control and Immunization

Several immunization studies during the year have confirmed that childhood immunization schedules, in general, are well observed by parents of infants and children. The section on Communicable Disease provides a review of the increased number of reported cases of whooping cough, salmonella, rubella in teenage boys, tuberculosis and gonorrhea. The outbreaks of meningococcal meningitis which occurred in a number of areas of Canada in late 1991 caused many inquiries and interest on the part of the media and the public. Although conditions for Western Equine Encephalitis were present during the summer with many mosquitoes along with the presence of the virus, we were fortunate to have no cases reported.

Administration and Budget

The 1991 Health Department expenditures were $3,392,200, amounting to $19.34 per capita. The Saskatchewan Health Grant negotiations completed in 1990 received final approval from the Minister of Health. These provide for a graduated increase through to 2003.

Intensive strategic planning initiatives of the Department early in 1991 resulted in improved mission and goals statements. A major initiative by Saskatchewan Health to update the provincial Public Health Act has involved staff input.

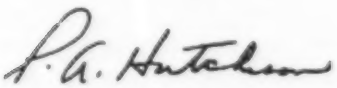
Future Plans

During 1992, we will continue to review key department programs relative to goals. We hope to continue to work in partnership with the community in initiatives relating to heart health, school health, daycare services, smoking and safe food handling practices. A long awaited haemophilus vaccine suitable for infants has now become available and will be introduced in 1992.

Conclusion

I take this opportunity to recognize and thank a very professional, innovative and dedicated staff, also the Board of Health, City Council, Senior Director and members of the Planning and Community Services Directorate and General Administration of the City. The contribution of the many volunteers who help us is also recognized. The Department has considerable interaction with the media and I thank them for their interest and support.

Respectfully submitted,



P.A. Hutchison, M.D.,F.R.C.P.(C)
Medical Health Officer

Overview

The estimated population of the city of Regina on June 30, 1991 was 175,360. This is the smallest population recorded since 1985 when the total was 175,159.

Regina's birth rate was 16.5 per 1,000 population, with 2,895 babies born. Although there was an increase from the 1990 rate of 15.8, the birth rate remains one of the lowest since the 1940's. There were 1,167 deaths throughout the year in Regina, resulting in a natural increase in population of 1,728. Due to the low birth rate, Regina's natural increase continues at one of the lowest levels since the early 1970's.

Infant mortality, neonatal mortality and perinatal mortality rates have decreased from the previous year, continuing the declining trend of the past 20 years.

Table 1: Health statistics summary, Regina, 1987 to 1991

	1991	1990	1989	1988	1987
Population[1]	175,360	178,792	178,348	179,400	178,520
Live births	2,895	2,819	2,982	3,072	3,114
Birth rate[2]	16.5	15.8	16.7	17.1	17.4
Deaths	1,167	1,091	1,019	1,133	1,127
Death rate[2]	6.7	6.1	5.7	6.3	6.3
Natural increase	1,728	1,728	1,963	1,939	1,987
Natural increase rate[2]	9.9	9.7	11.0	10.8	11.1
Infant mortality[5]	31	33	24	33	31
Infant mortality rate[3]	10.7	11.7	8.0	10.7	10.0
Neonatal mortality[6]	15	23	17	20	17
Neonatal mortality rate[3]	5.2	8.2	5.7	6.5	5.5
Perinatal mortality[7]	27	36	26	33	29
Perinatal mortality rate[4]	9.3	12.7	8.7	10.7	9.3
Stillbirths	15	18	11	16	20
Stillbirth rate[3]	5.2	6.4	3.7	5.2	6.4

[1]Source: Saskatchewan Health
[2]per 1,000 population
[3]per 1,000 live births
[4]per 1,000 live births and stillbirths
[5]Deaths of infants less than one year of age
[6]Deaths of infants less than one month of age
[7]Deaths of infants less than one week of age plus stillbirths

Births

Of the 2,895 Regina births, 305 or 10.5% were to teenagers. While this is an increased rate over the 1989 figure, the teenage birth rate has remained fairly constant over the last 15 years (Figure 1). Continuing an upward trend, over 31%, 906 babies, were born to single mothers.

Figure 1: Regina births to teenage mothers, 1976 to 1991

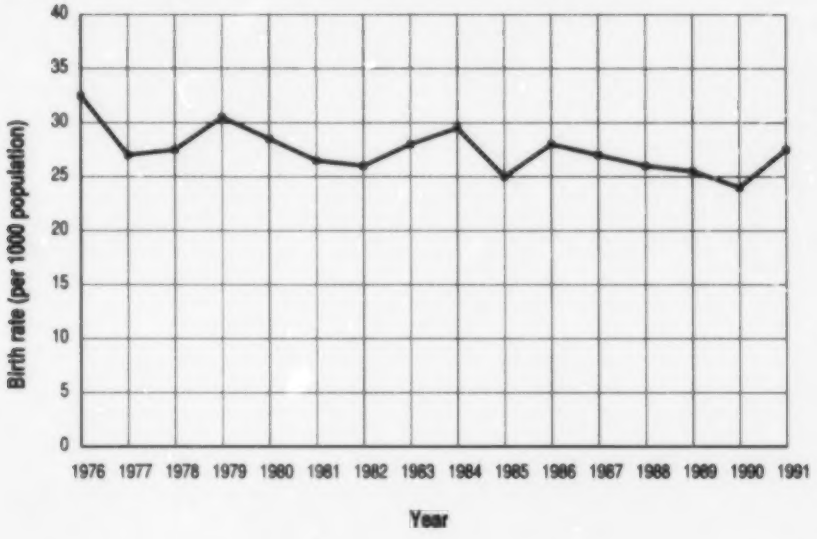
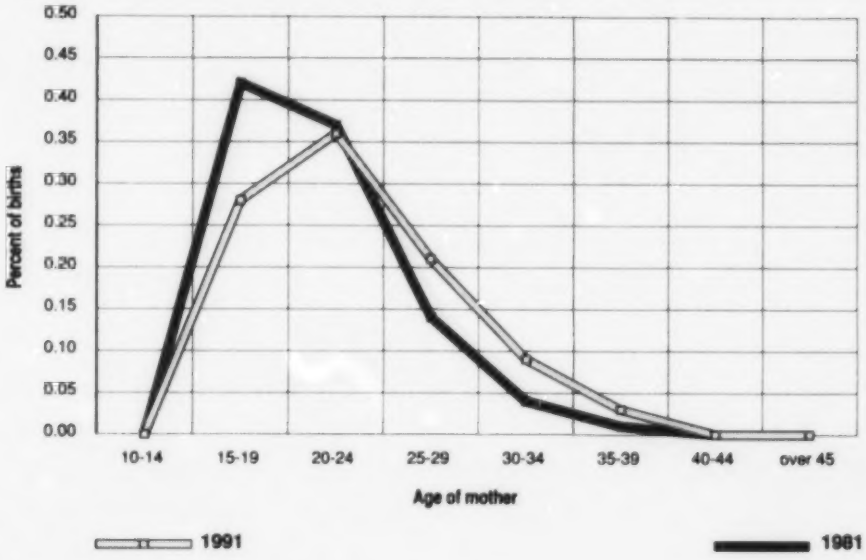


Table 2: Regina births by age and marital status of mother, 1991

Age	Married	Single	Widowed	Divorced	Total	Percent
10-14	0	10	0	0	10	0.3
15-19	26	269	0	0	295	10.2
20-24	328	329	0	2	659	22.8
25-29	863	187	0	7	1,057	36.5
30-34	597	80	2	8	687	23.7
35-39	134	23	1	0	158	5.5
40-44	15	3	0	3	21	0.7
over 45	0	1	0	0	1	0.0
unknown	3	4	0	0	7	0.2
Total	1,966	906	3	20	2,895	100.0
Percent	67.9	31.3	0.1	0.7	100.0	

Compared to the past, a greater proportion of single births are to older mothers. This trend is graphically illustrated in Figure 2. In 1991, 32.9% of single births were to mothers 25 years of age and older. In 1981, 18.9% of single births were to mothers 25 years and older.

Figure 2: Regina births to single mothers by age, 1981 and 1991



Deaths

There were 1,167 deaths in Regina in 1991. Heart disease continues to be the leading cause of death, cancer the second. Close to 57% of Regina deaths are attributable to heart disease and cancer.

Table 3: Deaths by major cause, 1990-91

	1991				1990			
	No.	Crude Rate[1]	Age Stand'rd Rate[2]	PYLL Rate[3]	No.	Crude Rate[1]	Age Stand'rd Rate[2]	PYLL Rate[3]
Heart disease	353	201.3	152.3	7.3	329	184.0	146.0	8.3
Malignant neoplasms	307	175.1	146.1	13.9	290	162.2	142.2	15.1
Cerebrovascular disease	103	58.7	43.9	2.2	107	59.8	46.4	2.5
Accidents	55	31.4	27.4	5.1	29	16.2	14.7	3.9
Pneumonia	36	20.5	15.2	0.6	48	26.8	20.5	0.6
Diseases of the arteries	25	14.3	10.3	0.3	21	11.7	9.0	0.2
Bronchitis, emphysema and asthma	17	9.7	8.3	0.7	18	10.1	7.8	0.3
Certain causes of perinatal mortality	8	4.6	4.6	3.4	15	8.4	8.3	6.6
Diabetes mellitus	21	12.0	9.5	0.9	19	10.6	7.8	0.6
Suicide	20	11.4	10.3	3.6	25	14.0	13.3	5.4
Congenital malformation	7	4.0	4.0	3.0	11	6.2	5.7	4.4
Cirrhosis of the liver	9	5.1	4.6	0.7	11	6.2	5.7	0.6
Other causes	206	117.5	91.6	13.3	168	94.0	80.0	11.7
Total Deaths	1,167	665.5	527.5		1,091	610.2	507.3	

[1]Deaths per 100,000 population.
[2]Deaths per 100,000 population. Rates standardized, for age and sex distribution, to Canada's population for 1976.
[3]Crude rate is the number of Potential Years of Life Lost (PYLL) before age 75 per 1,000 population.

Potential years of life lost (PYLL) is a measure of premature mortality. It is the years of life lost before age 75 (Table 3). Cancer has the single highest rate of PYLL for both males and females. Even though heart disease is the leading cause of death, cancer is the leading cause of premature mortality.

Population

Regina's population for 1991 was 175,360.

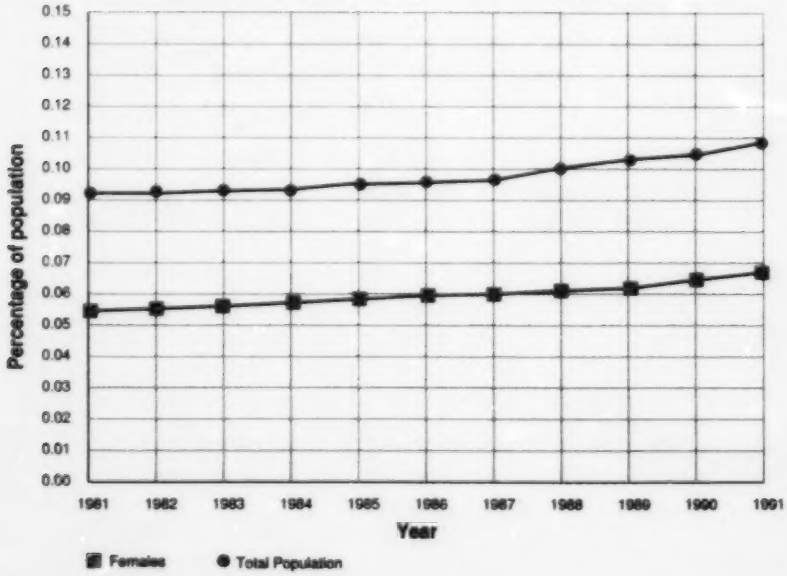
Under 1	1,299	1,197	2,496
1-4	5,572	5,248	10,820
5-9	6,742	6,487	13,229
10-14	6,320	5,967	12,287
15-19	6,140	5,901	12,041
20-24	6,836	7,009	13,845
25-29	8,208	8,497	16,705
30-34	8,335	8,221	16,556
35-39	7,394	7,450	14,844
40-44	6,008	6,185	12,193
45-49	4,447	4,520	8,967
50-54	3,776	3,962	7,738
55-59	3,568	3,586	7,154
60-64	3,320	3,466	6,786
65-69	2,706	3,385	6,091
70-74	2,153	3,021	5,174
75-79	1,517	2,428	3,945
80-84	854	1,650	2,504
85-89	386	912	1,298
90-94	144	367	511
over 94	43	133	176
Total	85,768	89,592	175,360

Table 4: Population of Regina by age and sex[1], 1991

[1] *Source: S.H.S.P. Covered Population*

Figure 3 (below) shows the aging trend over the past ten years. Also apparent from this graph is the larger proportion of females in the population over 65 years of age.

Figure 3: Percentage of population 65 and older,1981 to 1991.



Investigation of Outbreaks

Communicable disease control involves determining the cause of outbreaks and acting to prevent further transmission of diseases.

A major Salmonella outbreak in southern Saskatchewan had its beginnings in Regina in early March. By the end of August, 109 Regina residents had been reported with the disease. The federal Laboratory Centre for Disease Control provided assistance in the investigation. No definitive source of the outbreak was identified.

Beginning in February, rubella (German measles) spread through a specific unimmunized population in Regina. Immunization strategies in Regina have resulted in school age girls and boys under age 14 having received vaccination. Over 90% of the 181 cases of rubella reported were among older teenage boys. Immunization of 13 and 14 year old boys was completed during the spring and vaccine offered to older males on request. The completion of the school year heralded an end to the outbreak.

Pertussis (whooping cough) has been troublesome in western Canada since 1987. An outbreak of pertussis occurred in Regina in the fall. The original cases began in a day care setting and were undiagnosed for a period of time. In keeping with national recommendations, the Health Department facilitated children in several day cares and kindergartens in receiving antibiotics to successfully stem the spread of the disease. Half of the children with pertussis had not been immunized against the disease.

Influenza

The spring of 1991 brought a number of cases of Influenza B in very young infants. However, widespread disease in school age children was not noted. In December, elevated levels of school absenteeism prompted an investigation by the Health Department and Influenza A was identified in school children. As a tribute to an expanded vaccination program, minimal activity in nursing homes was noted, with one home reporting hospitalizations in residents.

Hepatitis

At least three propagated transmissions of Hepatitis A occurred during the year. In total over 200 individuals were recommended to receive immune serum globulin in an effort to limit spread of the disease. Localized outbreaks seem to have been the result of importation into Regina. Transmission beyond secondary cases was limited in these events.

There were increased numbers of acute Hepatitis B cases in 1991. Analysis of risk behaviours confirmed the importance of sexual transmission and injection drug users sharing dirty needles in the ongoing propagation of this disease.

Laboratory tests for Hepatitis C became available in 1991. Cases reported during the year reflect individuals previously known to have undiagnosed hepatitis which is now determined to be Hepatitis C. This reporting does not reflect a new onset of the disease.

Tuberculosis

A resurgence in tuberculosis has been noted in many locations in Canada. A single extended family accounted for almost all reported cases in Regina. This caused a significant increase in reports.

Head Lice

In 1991, emphasis was placed on involving parents in regularly examining their children to control head lice. Public health nurses work with parents and teachers in providing information about head lice. Parents are encouraged to check their child's head at least once a week if cases of head lice are found in the day care or classroom.

Communicable Disease Program Committee

The newly formed communicable disease program committee identified a number of objectives for action. One of the first tasks involved the revision of 22 information sheets on various communicable diseases.

Table 5: Communicable disease cases reported in Regina, 1990-91

	Number		Rate[1]	
	1991	1990	1991	1990
Amoebiasis	3	7	1.7	4.0
Campylobacteriosis	51	56	29.1	31.9
Cytomegalovirus	1	0	0.6	0.0
Chicken pox	474	731	270.3	416.9
Diphtheria- cases and carriers	0	0	0.0	0.0
Gastroenteritis E. coli (predominantly 0:157)	18	13	10.3	7.4
Gastroenteritis	200	272	114.1	155.1
Giardiasis	121	137	69.0	78.1
Haemophilus influenza-type b meningitis	5	3	2.9	1.7
Haemophilus influenza-type b (not meningitis)	1	7	0.6	4.0
Hepatitis A	27	11	15.4	6.3
Hepatitis B	11	5	6.3	2.9
Hepatitis B Carrier	24	41	13.7	23.4
Hepatitis C	17	N/A	9.7	N/A
Influenza-Type A	4	1	2.3	0.6
Influenza-Type B	5	0	2.9	0.0
Legionellosis	1	0	0.6	0.0
Malaria	2	2	1.1	1.1
Measles	0	0	0.0	0.0
Meningitis -pneumococcus and other bacterial causes	0	0	0.0	0.0
Meningitis/Encephalitis - Viral	4	11	2.3	6.3
Meningococcal disease (including meningitis)	2	2	1.1	1.1
Mumps	6	5	3.4	2.9
Parasitic Skin Disease	544	726	310.2	414.0
Paratyphoid	0	0	0.0	0.0
Pertussis (Whooping Cough)	34	13	19.4	7.4
Polio	0	0	0.0	0.0
Psittacosis	0	0	0.0	0.0
Rubella	48	0	27.4	0.0
Rubella Clinical	145	0	82.7	0.0
Salmonellosis	151	49	86.1	27.9
Shigellosis (Bacillary Dysentery)	6	14	3.4	8.0
Tuberculosis - Respiratory	23	12	13.1	6.8
- Other	3	2	1.7	1.1
Typhoid	0	1	0.0	0.6
Western Equine Encephalitis	0	0	0.0	0.0
Yersiniosis	0	1	0.0	0.6

[1] *per 100,000 population*

Communicable Disease Investigation

Public health nurses investigate cases of communicable disease through phone calls, home visits and screening of clients at Department offices, schools and day care centers. The reduction in children screened is a result of the changing approach to controlling head lice.

Table 6: Communicable disease investigation[1], 1990-91

	1991	1990
Home visits	547	660
Day care/Nursery Schools · children screened	576	1,680
School children screened	7,396	12,933

[1]*Excludes sexually transmitted disease follow-up*

Rheumatic Fever Program

This program provides penicillin or sulphadiazine to registered clients who have had rheumatic fever. There were no admissions or discharges, leaving nine clients on the program at the end of the year.

Sexually Transmitted Diseases

The control and prevention of sexually transmitted diseases is an important part of public health. The problem of AIDS has heightened efforts in this area.

Table 7: Sexually transmitted disease cases reported in Regina, 1990-91

	Number		Rate	
	1991	1990	1991	1990
Gonococcal	218	173	124.3	98.7
Ophthalmia neonatorum	0	0	0.0	0.0
Syphilis	0	0	0.0	0.0
Herpes genitalis	154	135	87.8	77.0
Chlamydial infection	732	750	417.4	427.7
Urethritis unspecified	29	9	16.5	5.1
AIDS	2	5	1.1	2.9
HIV infection	4	15	2.3	8.6
Other	2	1	1.1	0.6

Strategies for Prevention

A number of programs and initiatives were offered by the Department as important preventive strategies. It is important for individuals to be aware and responsible and to understand the disease process.

STD/AIDS Group Education

The Department provided educational sessions to 76 community groups with 1,113 people and 40 groups of 1,285 students.

Contact Tracing

Another strategy in the prevention and control of STD/AIDS is contact tracing and partner notification. The purpose is to encourage medical care and follow-up. Public health nurses located and counselled 208 persons.

Street Project

The Department received a grant from Saskatchewan Health to continue the Street Project in 1991. This STD/AIDS education program is geared toward young people living on the street, injection drug users and those involved in the sex trade. Two public health nurses walk the streets in the evenings and spend time in shopping malls, arcades and youth centers where

"Office on Wheels"

A van helps staff reach people who need information on preventing AIDS.

young people meet. They provide information about sexually transmitted diseases, provide condom education packages and "teach and bleach" kits to injection drug users. Contact has been good with female sex trade workers and street youth, but male sex trade workers and injection drug users have been difficult to reach. Before November, there was no suitable place to counsel, except on the street. A van was purchased to provide a secure area where clients can feel comfortable and staff can provide health counselling.

Program staff also speak to community groups.

AIDS Awareness Week

AIDS Awareness Week increases the public's understanding of how AIDS/HIV is transmitted and how people can protect themselves. The Department works with members of the Regina AIDS Coordination Advisory Committee to promote and encourage special events throughout the week.

Immunization

The Department provides immunization through a variety of programs and locations. Childhood immunization is provided universally for the following diseases:

- Diphtheria
- Measles
- Tetanus
- Mumps
- Pertussis (whooping cough)
- Rubella (german measles)
- Polio
- Haemophilus b disease

Immunization is also provided for individuals at particular risk for:

- Influenza
- Typhoid
- Cholera
- Yellow fever
- Hepatitis B
- Rabies
- Meningococcal disease
- Japanese encephalitis
- Hepatitis A (as immune globulin)

In 1991, influenza immunization for adults 65 and older was provided for the first time.

The school immunization program provided immunization to students born in 1977 and 1978. This was a result of a departmental decision to refocus booster immunization from Grade nine in the high school environment to Grade eight in the elementary schools. Because of these changes and an outbreak of rubella, there was a 24% increase in the number of vaccines administered in 1991.

Table 8: Number of doses of vaccine administered, 1990-91

	[illegible]	[illegible]
Infant	14,963	15,195
Preschool	16,176	15,864
School age	12,390	6,530
Adult	5,314	1,784
Total	48,843	39,373

Evaluation of Immunization Program

In 1991, the Health Department evaluated the effectiveness of its Immunization Program. In a study of children reaching their second birthday, we were able to demonstrate high levels of immunization including: 70% had received their fourth dose of diphtheria, tetanus and polio; 88% had received three doses; 90% had received their measles, mumps and rubella vaccine and 80% had received Haemophilus influenza type b vaccine. A second study was able to confirm that the majority of children seek immunization at appropriate ages. As children get older, this behaviour decreases so that the Department has identified the need to stress the importance of immunization in the second year of life.

Influenza Vaccination Program

Two major changes were introduced to the influenza immunization program. For the first year, vaccine was provided free of charge to healthy individuals over the age of 65. As in past years vaccine was also provided to persons with a specific medical indication. In addition, public health nurses provided vaccine for persons over age 65 at special clinics. Previously, vaccine was provided through institutions and physicians' offices.

Flu vaccine for seniors
A special display advertised the availability of flu vaccine.

In 1991, over 12,000 persons received influenza vaccine, an estimated 10% increase over the previous year. The vaccination rate for persons over age 65 was estimated at 65% with the Department directly providing 22% of vaccinations. This is the first year that long term care institutions achieved an average vaccination rate of 80%.

Travel Clinic

Improvements to the travel clinic and the availability of malaria prophylactic medications resulted in a 100% increase in attendance at the clinic in 1991 (1500 visits). Standardization of travel clinic practices have enabled more staff to be trained in the counselling of foreign travellers. The clinic continues to provide specialized services for southern Saskatchewan.

Immunization Provided on Designated Days Off

In April, the Department began providing immunization services on the City's designated days off. Immunization was provided at the 1910 McIntyre Street office with an average of 25 children benefiting by receiving immunization on each of those days.

Immunization Program Committee

The Immunization Program Committee was established in 1991, its goals being:

- improved health status of the community
- improved services and protection
- increased public and professional awareness
- improved surveillance and evaluation

The Committee is revising the Department's immunization manual.

Hepatitis B Vaccine for Staff

Any nurse providing immunization is at risk of contracting Hepatitis B. The Department, in keeping with a preventive strategy for its own employees, provided Hepatitis B vaccine to nurses providing immunization.

Environmental Health

The goal of this program is to effectively control and modify environmental factors which could adversely affect the health and safety of Regina residents. To do this, the Department educates the public about maintaining good public health and environmental standards and, where necessary, enforces legislation.

Inspections

A total of 18,397 inspections, investigations, consultations and tests were done by public health inspectors. Staff also received and investigated 1,488 complaints.

Table 9: Complaints regarding the environment, 1991

Complaint	Number
Housing/properties	485
Yards/animal related	224
Wild animals/pests/insects	176
Public buildings	40
Indoor air quality	44
Recreation areas	24
Other	495

Review of Building Plans

The Department reviews building plans for structures whose operation affects public health. A total of 151 plans for facilities such as restaurants, beauty salons, and day care centres were reviewed and approved.

Housing

Poor housing and lack of proper maintenance continue to be a health concern. A total of 1,429 housing and property inspections were made with 54 premises being placarded as unfit for human occupation under the Public Health Act. Forty-seven premises were repaired and reoccupied and 14 were demolished. Three hundred and four complaints about housing were investigated and 169 institutions, special care homes, day care centres, approved homes and hospitals were inspected.

Insect, Rodent and Pest Control

A program carried out with the Community Services, Parks and Recreation Department has effectively controlled rodents in Regina. Only 32 reports of rats and mice were received and investigated in 1991. The domestic pigeon control program continues to operate effectively. However, problems due to wild pigeons are increasing. Forty-three premises were inspected because of insect infestations.

Dog and Animal Control

The Department is responsible for enforcing part of the Dog Control Bylaw No. 8721 dealing with dogs on private property, in particular, property cleanup and kennelling. The Department has the authority to ticket dog owners, as well as initiate court action. One hundred and twenty-nine actions were initiated for infractions of the bylaw with 15 fines resulting.

Two hundred and eight animal bites were also investigated under the rabies control program. Most reported bites are due to dogs (88%) or cats (11%).

Table 10: Animal bites by age of victim, 1991

Age	No. of bites	Percent
under 4	31	17.1
5-14	69	33.2
15-24	29	13.9
25-44	46	20.2
45-64	22	10.6
over 65	11	5.3
Total	208	100.0

Carbon Monoxide Monitoring

The Department monitors air quality in indoor arenas. Inspectors conducted 128 CO tests with few problems noted. A further 46 tests were done in homes and public facilities.

Swimming Pool Inspections and Pool Operator's Course

There were 359 inspections and 845 tests carried out on swimming pools, whirlpools and water slides. Two swimming pool courses were held with 70 operators in attendance.

Smoking Bylaw No.6849

The bylaw provides smoke-free air in certain public places such as retail stores, places of public assembly and reception areas. Thirty-eight complaints were investigated, 394 premises visited and 2,170 signs issued.

Enforcement of Legislation

In order to enforce public health legislation, 527 verbal notices and 253 written orders were issued. Twelve prosecutions were necessary, all of which were successful.

Food

This program is given high priority due to the ever present threat of foodborne illness. Public health inspectors monitor all stages of foodhandling from warehouses to wholesale and retail outlets. A total of 2,075 inspections were carried out in public eating establishments (restaurants and licensed premises) and 176 inspections were made of all grocery stores, meat and fish markets, confectioneries, bakeries, food warehouses, bottlers and meat processors. In order to achieve compliance with pubic health legislation, 20 orders were issued.

Safe Food Storage
Public health inspectors check storage conditions to make sure food is safe for the public.

Food Related Incidents

The Department investigates reports of enteric disease and complaints of illness relating to food. In 1991, 84 possible food related incidents with 458 individuals involved were investigated. The Department also co-operates with federal officials in identifying tainted food and recalling food products.

Outbreaks of foodborne illness are brought to the attention of the Department in a variety of ways. One outbreak was identified as a result of intensive investigation of community acquired Salmonella infections. Because five reported cases attended the same meal, a subsequent telephone survey was done of a sample of attendees. It is suspected that up to 100 of 900 attendees of a high school graduation may have developed Salmonella infections.

Another incident occurred when members of a wedding party developed gastrointestinal symptoms subsequent to a wedding rehearsal dinner. This situation was brought to the attention of the Department by attendees of the wedding who began developing illness during the wedding reception. The causative organism was not isolated.

In a third situation, a small number of persons with E. Coli infections had all attended the same restaurant. The identification of illness in the family of one of the staff members prompted investigation and control efforts in this restaurant. This source of foodborne illness was discovered through the Department's routine surveillance program.

Food Handlers' Course

An important element in the prevention of foodborne illness is education. In 1991, public health inspectors conducted 38 safe foodhandling courses for 899 people. Since 1985, 4,263 people have attended City offered courses. Courses provide information on foodborne illnesses, how to prevent them, personal hygiene and proper dishwashing and sanitizing procedures.

The Public Eating Establishment regulations of the Public Health Act require that one person per shift complete a safe foodhandling course.

Water

Water Testing

Regina's water distribution system is sampled and tested regularly throughout the year. Tests are done for bacterial analysis (780) and chlorine and turbidity (1,977). Although there have been some complaints regarding taste and odour, all tests indicate that Regina's water is safe.

Safe and Healthy
In order to maintain safety, Regina's water is tested regularly.

Wellpower

Wellpower, the City's Wellness program for employees, entered its second year. As part of the program nutritionists presented four one day nutrition workshops. The program gained national recognition when it won the runner-up certificate for the 'Willis Award for Excellence in Municipal Management' presented by the Canadian Association of Municipal Administrators.

Health Fairs

Students at several Regina schools learned about lifestyle choices at the Department's 'Get a (healthy) life!' displays. Nutrition, smoking and stress management were popular topics.

Communicable Disease

Staff provide presentations, materials and information about preventing communicable disease at child health clinics, day care centers, schools and through telephone consultations and home visits. Promotional events such as AIDS Awareness Week and health fairs inform the public about ways to protect themselves from communicable disease.

Accident Prevention

Accident prevention and safety is emphasized in many programs. Inspectors deal with safety as part of public health inspections. Child safety information is made available to parents at child health clinics. Public health nurses also do presentations about safety to community groups and school students.

Smoking

It is estimated that smoking causes 200 to 300 deaths in Regina each year. Smoking-related diseases include heart disease, lung cancer, chronic bronchitis and emphysema.

The Department sees smoking as a multifaceted problem and is addressing it on a number of different levels:

Tobacco Accessibility to Minors

To maintain the tobacco market, new smokers are needed to replace the loss of sales from those who quit smoking and those who die. Since few people begin smoking after age 18, these smokers are found in the pre-teen and teenage smoking market.

The Department continues to advocate for new legislation to prohibit and deter the sale of tobacco to minors.

Smoking Education

Staff provide information, resources, presentations and displays to teachers and the public.

Smoking Cessation

Quit for Good smoking cessation programs are run for the public and for Regina businesses and workplaces. One hundred and fifteen Regina citizens attended six programs. Information for individuals is provided on request.

Quit for good

Second Hand Smoke

The damaging effects of second hand smoke are well documented. The Department continues to advocate for smoke-free air for Regina citizens. In 1991, Council amended the bylaw providing smoke-free air in public places to require Regina restaurants above 25 seating capacity to have 15% non-smoking sections. Many Regina employers are also recognizing the harmful effects second hand smoke has on their employees and are adopting smoking policies for the workplace. The Department provides consultation to Regina businesses regarding the implementation of workplace smoking policies.

National Non-Smoking Week

The Department promoted "Quit Smoking and Win", a provincial wide lottery contest for smokers.

Fitness

Canada's Fitweek '91

Physical activity is an important part of a healthy lifestyle. If children choose activity as an enjoyable part of their everyday lives, they may continue to be active for the rest of their lives.

In 1991, a walking program was developed to help school children recognize the value of walking as a health-enhancing activity. In total, 336 Regina teachers requested Fitweek Walking Club packages and 7,569 students participated.

Alcohol and Drugs

Red Ribbon Campaign

The Department joined with S.A.D.D. (Students Against Drinking and Driving) to promote the Red Ribbon Campaign. Regina motorists were again encouraged to tie a red ribbon on their vehicle as a symbol of their commitment not to drink and drive over the holiday season.

Grocery Shopping Tours

The Department, in partnership with Canada Safeway, presents nutrition shopping tours. Safeway provides tour sites, funding for tour guides, advertising and promotion. The Department is responsible for administrative functions such as registering participants, hiring and training tour guides and evaluating tours. Forty-seven tours were conducted with 579 persons attending.

Child Hunger

The Health Department's direct involvement in programs to alleviate child hunger was reduced with the transfer of funding for a half time nutritionist position to the Regina Education and Action on Child Hunger (R.E.A.C.H.) program. However, the expertise gained in this area was in demand in presentations to other communities.

Because pregnant teenagers have special nutritional needs, the Department was directly involved in establishing a Food for Learning program at the Balfour Tutorial Program. Assistance included menu planning, budgeting, program evaluation and nutrition counselling.

Nutrition Counselling

The number of telephone inquiries support the fact that Regina residents contact the Department for reliable nutrition information. Clients received counselling regarding heart health, infant and child feeding, allergies, weight control, eating disorders, nutrition in pregnancy and food budgeting.

Nutrition Presentations

Provincial government employees, fitness leaders, Brownies, Girl Guides, the Women's Institute and weight control groups are just a very few of the groups who benefited from nutrition presentations. Nutrition information is also provided in the prenatal and Quit for Good programs.

Lower Income Groups

A greater emphasis is being placed on providing nutrition education and food budgeting programs to lower-income groups. A total of 20 sessions were provided to the Department of Social Services Job Search Training Program, Riel Resources Job Placement Program, residents of the Paul Dojack Centre, Mental Health Lifeskills Program, Canada Manpower Job Preparation Program, Open Door Society, Saskatchewan Abilities Council and the Neil Squire Foundation.

A teaching unit was developed for assisting participants in drug and alcohol rehabilitation programs. The unit was piloted at a SADAC facility and will be used by group leaders.

Nutrition Month

Nutrition displays were set up in all nine public libraries and in Health Department offices.

Table 11: Nutrition services, 1990-91

Services	1991	1990
Nutrition consultations	1,346	1,721
Nutrition counselling sessions	124	119
Group presentations		
• number	160	168
• attendance	3,460	4,238
Resources		
• evaluated	25	43
• developed	33	34
Media contacts		
• print	56	54
• radio	13	15
• television	23	21
Inservices	10	28

Heart Health

Saskatchewan Heart Health Coalition

The Saskatchewan Heart Health Coalition is a group of provincial agencies with a mission to work together to enhance the health of Saskatchewan residents and communities through an initial focus on cardiovascular health. The group developed an approach for addressing heart disease in demonstration communities in the province. The Health Department is a member of the coalition and its executive.

Regina Heart Healthy Partners

The Health Department has facilitated a partnership of agencies to prevent heart disease in Reginans. The Regina Heart Healthy Partners applied for funding for a four year program with the mission of working together to improve the health of Regina and surrounding communities through an initial focus on heart health.

A Heart Health Fair was held at the Y.M.C.A. and highlighted nutrition, smoking, fitness and blood pressure.

Eat Smart For Your Heart

Eighty people attended four "Eat Smart for Your Heart" presentations.

Heart Smart Restaurant Program

The Health Department in partnership with the Saskatchewan Heart and Stroke Foundation introduced the Heart Smart Restaurant Program in Regina. Forty-eight restaurants joined the program in 1991.

Heart Healthy Partners
The Partners work together to fight heart disease in Regina.

Health Promotion

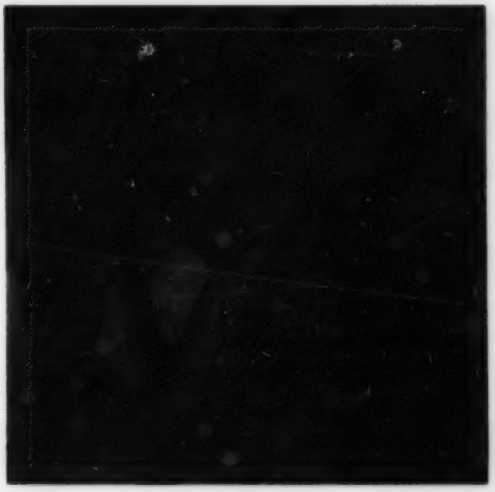
"Health promotion is the process of enabling people to increase control over and to improve their health." *(Ottawa Charter for Health Promotion)*

Health Information

An important part of health promotion is providing health information that helps people make healthy choices.

Health Information Line

The Health Information Line responds to inquiries from the public and provides information, advice and counselling. Individuals who come to the Department for information are also counselled.



Thousands of calls
Staff receive calls from citizens asking for health information.

Table 12: Requests for health information, 1990-91

	1991	1990
Telephone Consultations		
• by Health Information Line	4,409	4,640
• by other nursing staff	6,653	6,873
Walk-in consultations	321	287
Total consultations	11,483	11,800

Health Education Talks

The Medical Health Officers, public health nurses, nutritionists, public health inspectors and the health educator provide health education talks to community groups, teachers and school students.

Table 13: Health talks to community groups, 1990-91

	1991	1990
Number of health talks	1,135	903
Number of participants	24,747	18,715

Health Displays

Health messages are taken to places where people congregate including schools, health fairs, shopping malls and conferences.

Health Education Materials

The Department has a leadership role in producing reliable health information that reflects current public health knowledge.

Literacy Project

In 1991, the Department began a review of its public communications with a view to ensuring they are written at a literacy level appropriate for target audiences.

Visual Identity

In 1991, the Department began an ongoing process of reviewing its pamphlets and information sheets and modifying them to a new format consistent with the City's visual identity guidelines.

Media Contact

Public health issues have great impact on the community. To be effective, messages must be timely and targeted to reach affected audiences. Throughout the year the Health Department keeps Regina citizens advised about important public health issues. Through media interviews, newspaper columns, press releases, and paid advertising, information is provided on a variety of subjects.

Preparing for baby
Parents prepare for pregnancy, delivery and parenting.

Expectant Parent Program

Increased knowledge about pregnancy, birth and infant care helps prepare parents for the experiences and responsibilities of pregnancy, delivery and parenting. A healthy lifestyle and ongoing medical supervision during the prenatal period will ensure the best outcome for mother and baby.

A total of 380 prenatal classes were taught with a total of 629 mothers, 452 fathers and 156 coaches attending.

Several class formats are provided, the most common being two classes taken early in pregnancy, followed by four classes in later pregnancy. A refresher series is also provided. Special classes are held at Balfour Tutorial, an educational setting for pregnant teenagers and at Martha House, a residence for single pregnant women. Prenatal information was also provided through 93 home visits and 166 counselling sessions with school students.

In 1991, 929 or 32% of all births were to unmarried women, an increase of 1% from 1990. In 1991, 1,235 births were to primiparas or first time mothers.

Healthiest Babies Possible

This program is for pregnant native women and was administered by the Regina Native Women's Association with funding from the Community Grants Board, City of Regina.

Two community health workers provide information and follow-up for pregnant native women and their babies. They also coordinate the milk supplement program for those requiring this assistance.

The Health Department provides office space at the north office, telephone answering and some typing services. Staff also provide consultative services for program staff.

Home Visits

The Department made 2,978 postnatal home visits to families with new babies. The Department also makes home visits for: preschool follow-up, school child follow-up, sudden infant death syndrome, prenatal counselling and communicable disease follow-up. The family and its needs are the focus of a home visit regardless of the purpose of the visit. Public health nurses provide support with parenting skills.

Birthday Check-up
Public health nurses provide health screening and assessment for four-year-olds.

Child Health Clinics

The Department assesses children's growth and development, screens for health problems and counsels parents about concerns such as feeding, behaviour and toilet training. Immunization is provided as required. A weekly evening clinic provides opportunity for parents unable to attend clinics during daytime hours.

Table 14: Attendance at child health clinics, 1991

	1991	1990
Number of visits	11,293	10,021
Number of clinic sessions	677	622

Four Year Old Birthday Check-Ups

All four year olds in Regina are invited by letter to come for a health check-up. The visit includes screening for vision, hearing, speech, general health assessment and development and counselling for parents. Immunization is given as required.

Table 15: Four Year Old Birthday Check-Ups, 1990-91

	1991	1990
Invitations sent	2,920	3,026
Children seen	1,734	2,028

Preschool Vision and Hearing Clinics

Preschool children were seen at 67 vision and hearing screening clinics.

Table 16: Preschool children screened for vision and hearing, 1990-91

	Vision		Hearing	
	1991	1990	1991	1990
Total screened	1,753	1,993	1,832	2,036
Number referred	92	104	83	114
Percent referred	5.2	5.2	4.5	5.6

Nobody's Perfect Program

This educational program for parents of children under age five meets the needs of young, single, low-income, socially or geographically isolated parents. 'Nobody's Perfect' provides parents with accurate information about their children's health, safety, development and behaviour. It encourages them to have confidence in their ability to be good parents. The parenting skills learned and group support are very helpful to these young parents. Eight program series were offered with 73 parents participating.

Day Care Centres

There are 31 licensed child day care facilities and numerous family child care homes in Regina. The Health Department provides a number of preventive health services for day care centers:

- A total of 576 children were screened for communicable diseases.
- Public health inspections are done as part of the licensing procedure of the Department of Social Services.
- Preschool nutrition and menu planning courses were provided to 14 day care staff members and 15 early childhood education students from S.I.A.S.T.
- Public health nurses made 101 visits for vision and hearing screening, communicable disease screening and investigation, and health teaching.
- Food handling courses and instruction in safe food handling and proper sanitation practices were provided.
- Health related complaints are investigated.
- Menu planning courses, menu review and nutrition consultation are provided for staff and parents.

Child Day Care Program Committee

The Child Day Care Committee was organized in September. Its goals include coordination with the Daycare Division of the Department of Social Services and daycare providers to determine the needs and directions of future programs.

School Health

Public Health Nursing Program

Public health nurses spend approximately one-third of their time in schools providing a comprehensive school health program. The program includes providing health presentations, counselling, health screening and assessment, immunization and acting as a resource for teachers.

In 1991, emphasis was placed on vision and hearing screening for kindergarten children not previously screened, Grade one students and referrals from parents, teachers or students themselves. Hearing screening is also provided for new students who have been referred for speech therapy.

In 1991, the Department changed its focus from immunizing Grade nine students to immunizing Grade eight students. This change will facilitate students immunization.

Table 17: School health services, 1990-91

Service	Number of Recipients 1991	1990
Classroom presentations		
• number of sessions	703	482
• number of students	16,002	10,500
Screening procedures		
• hearing - first this year	4,948	7,566
- repeat this year	506	856
- referred	229	284
• vision - first this year	7,981	15,942[1]
- repeat this year	1,012	1,980
- referred	587	1,079
Immunization	6,518	3,074
Counselling		
• student - general	3,862	4,072
- pregnancy counselling		
• first contact	51	73
• follow-up	115	146
• teacher	4,719	4,863
• parent	3,992	3,822

[1]*Trained volunteers did vision screening in 1990.*

Nutrition Workshops and Presentations

One hundred and forty-eight elementary teachers attended nutrition workshops conducted by the nutritionists and sponsored by the Saskatchewan Dairy Foundation. Program Apex, a new workshop for grade five students, addresses nutrition and physical activity. Workshop evaluations showed that teachers were using the program in their classrooms. Nutritionists also gave classroom presentations to 277 students.

School Health Program Committee

The School Health Program Committee was established in May its goal being to promote and preserve the health of the school-age child through health services, health education and a healthy environment.

Interagency Committee

An interagency committee was established with senior administrative staff of both Regina school systems and the Health Department. The goal of the committee is to establish a forum for communication within the city which will ensure the best quality public health services for all schools in Regina.

Communicable Disease Guidelines

To assist school staff in the control of communicable disease, the Department prepared and distributed "Guidelines for Communicable Diseases" which provide directions to school staff in limiting the spread of communicable diseases in schools.

Sunrise Health Program

A team of nurses of aboriginal origin, plan, co-ordinate and deliver a variety of health services. The goal of the program is to improve the health of aboriginal people living in Regina. Close working relationships with a number of agencies in the community have developed including Circle Project, Native Support Network, Regina AIDS Advisory Committee, Native Addictions Council, Elder contact, Welfare Rights group, Safe Shelter and Rainbow Youth Centre.

The Sunrise Health Program staff made 520 consultative contacts on behalf of clients with physicians and health and other agencies. Another 267 adults were counselled in various agency settings. A total of 554 home visits were made.

Regular visits are made to the Safe Shelter for families. During the year, health information and education sessions were provided for a number of community agencies including: Victoria School Centre, Native Addictions Council, SNACC, SIAST Diploma Nursing students, Grace Haven, Early Learning Centre and Riel Human Resources.

Seniors Health

A blood pressure check for wellness
A public health nurse checks blood pressure as part of a seniors' clinic.

Seniors Wellness Group

Information presentations were given to Seniors on a bimonthly basis at the Cathedral Neighbourhood Centre. A pot-luck lunch before the presentation provides an opportunity for people to socialize. Individual counselling is offered by a public health nurse.

A total of 21 seniors clinics were held. A public health nurse is available for counselling and blood pressure screening. The nurse is often an advocate and facilitates seniors being referred to appropriate resources.

Home Visits

Public health nurses respond to the needs of seniors through home visits and counselling. A total of 268 home visits were made to seniors.

Health Information Line

The Health Information Line receives and responds to calls from seniors. Inquiries concerned subjects such as arthritis, menopause, medications and alcoholism.

Seniors' Showcase

A booth highlighting health issues of interest to seniors included good nutrition, the health benefits of walking, and safety with medications.

"So You're Retired" Television Program

The nutritionist was involved in a one half hour program on nutrition and food preparation in the Cable Regina series for seniors.

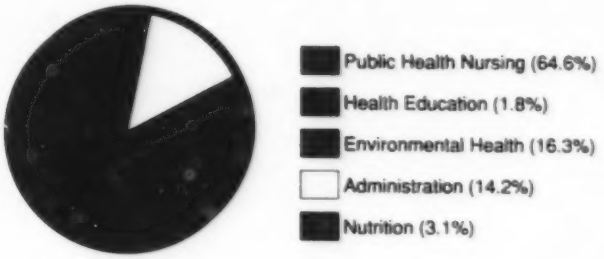
Nutrition Presentations to Senior Groups

Two hundred and seventy six seniors attended nutrition presentations. Nutrition information was also provided to care givers.

Budget and Expenditures

In 1991, the average operating cost of a health region in Saskatchewan was $18.78 per capita. The 1991-92 provincial health grant to the City of Regina was based on 52% of this cost. In 1991, Boarding Care Homes, previously licensed by the City, came under provincial legislation and license fees were not receivable.

Figure 4. Expenditures by major programs, 1991



Financial Statement

Expenditures

Salaries	$2,663,900	
Benefits	293,600	
Professional memberships	10,300	
Car allowances	90,100	
Uniforms	14,800	
Supplies and materials	50,900	
Laundry	1,400	
Reference books and subscriptions	3,300	
Education and training publications	20,300	
Audio-visual materials	2,400	
Seminars, conventions, business trips	15,600	
Printing and duplicating	34,100	
Equipment maintenance	2,600	
Postage/freight	900	
Telephone	29,400	
Contracts and miscellaneous	8,500	
Advertising	2,200	
Facility maintenance	136,800	
Furniture/Equipment	4,700	
Street Van	7,900	
Bursary	2,800	
GST Rebate	(4,300)	$3,392,200
Transfer to Reserve		$ 292,900
TOTAL EXPENDITURES		**$3,685,100**

Revenue

Fees:		
Medical Services fees (immunization)	15,600	
Other fees-burial permits-registrat'n fees	9,500	$25,100
Grants:		
Provincial Per Capita	$1,713,300	
Other Provincial Grants	40,000	$1,753,300
From City revenue		$1,906,700
TOTAL REVENUE		**$3,685,100**